

4-H & Youth Development.

4-H is one of the largest youth development organizations in America with more than 7 million young people involved. 4-H is in all fifty states, US territories and military installations worldwide. With its direct connection to over 106 land grant universities, 4-H is the first experience many young people have with higher education.

Young people in the 4-H program learn leadership, citizenship and a vast array of life skills that benefit them for the rest of their lives. Standing for head, heart, hands and health, 4-H uses more than a century of experience in youth development programming to build strong, confident leaders.

Through 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learn by doing" philosophy in youth development. With more than 200 projects available to members in Bernalillo County, young people in the 4-H program can explore projects from rocketry, public speaking, livestock, photography and many others. These hands on learning opportunities help young people in 4-H develop into mature young adults ready to serve as leaders and role models in their communities and enter today's challenging workforce.

Studies show that 4-H members do better in school, are more motivated to help others, feel safe to try new things, achieve a sense of self esteem and develop lasting friendship. 4-H welcomes youth and adults to connect with others and learn about all 4-H has to offer.

- Animal Science
- Horticulture and Agronomy
- Engineering Science
- Natural Science
- Personal Growth
- Creative Arts
- Home Economics
- Arts and Crafts
- Consumer Education
- Family Life
- **Fair and Rodeo**



Urban 4-H

Urban 4-H is a focused effort within the 4-H Youth Development Program which began with the national 4-H Afterschool initiative. Urban 4-H has partnered with youth-serving organizations to improve in and out of school programming in Bernalillo County using positive youth development principles. Urban 4-H is one of the various delivery methods through which 4-H programming is implemented; bringing community-based organizations access to the considerable resources of 4-H, the Cooperative Extension System and the USDA.

Urban 4-H offers positive youth development programming for in-school and out of school settings for:

- Youth
- Youth Development Professionals



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Live
Learn
Thrive

Bernalillo County Cooperative Extension Service

Helping put
knowledge to work

With the resources of New Mexico State University Extension, Bernalillo County Extension offers research based information and programs to residents in our area.

The Bernalillo County Extension Service is dedicated to meeting the needs of a diverse population. Rich in history and culture, Bernalillo County is home to about one-third of New Mexico's population. Our agents are available for programming in the following areas.

Agriculture...

Bernalillo County has approximately 7000 acres of irrigated land as well as privately and publicly owned rangeland used for agricultural production. In order for farmers and ranchers to remain on the land they must adopt practices that help them increase their economic viability. Producers look to Extension Service personnel and their educational programs for guidance, information and technical support as they plan and implement their agricultural enterprises. Educational programs, on farm research and demonstration and personal consultation are available in the following areas:

Crop production - includes urban farming, traditional row and field crop production, high value vegetable and fruit production, forage and pasture management and organic production methods. The following topics are available within each of the subjects above:

- Irrigation
- Pest Management
- Variety Selection
- Harvesting and Planting
- Soils and Fertility
- Season Extension

Livestock Production - includes cattle, sheep, goats, pigs, poultry and horses.

- Nutrition
- Management
- Health
- Production
- Facilities
- Handling and/or Training

Integrated Pest Management

- Insect and Weed Identification
- Pesticide Applicator Training including continuing education units
- Traditional and organic pest control recommendations

Agricultural Entrepreneurship and Business Planning

- Record Keeping
- Marketing
- Finance
- Value Added

Horticulture...

The urban nature of the county is reflected in the educational programming and kinds of assistance, that our Horticulture Program is able to offer.

Albuquerque Area Extension Master Gardeners are a key component of our horticultural outreach. These volunteers are trained to provide science-based horticultural advice to the general public through various means, from their Hotline to working with ARCA homes on garden projects and many other volunteer opportunities in between. Visit <http://www.abqmastergardeners.org>.

Arboriculture or the care of the urban forest We provide tree-problem diagnostic services available to the general public and to commercial operators (our Horticulture Agent is a Certified Arborist); occasional public workshops on tree planting and pruning; and are involved in helping put on an annual tree care conference, Think Trees New Mexico. Which features top-notch presenters and a very affordable fee; visit and register at: <http://thinktreesnm.org>

Xeriscape Landscaping

Xeriscape refers to landscaping with reduced, efficient irrigation. The keys to successful xeriscape include proper plant selection, good mulching and efficient irrigation. In addition we support the Xeriscape Council of New Mexico's International Water Conservation and Xeriscape conference; Visit: <http://www.xeriscapenm.com>

We are available to:

- Speak to groups on various horticultural topics
- Are open to the public for information on home and landscape gardening, including plant selection; pest and disease identification; vegetable and fruit production; and more
- We also encourage the greens industry to use us for accurate problem diagnosis and control recommendations

Home Economics...

Bernalillo County families are faced with many choices every day about money, time, child rearing, nutrition and health. To make the best choices, residents need practical, research based, unbiased and accurate information. Our Home Economics unit covers programming in:

- Diabetes Education/ Kitchen Creations
- Disaster Preparedness
- Family Health and Wellness
- Family Life and Child Development
- Family Resource Management
- Food Preparation
- Food Safety
- Nutrition
- Food Preservation

Bernalillo County Extension Association is active in our County. The mission of Family and Community Education is to strengthen individuals, families and the community through educational programs in home economics and related subjects.

ICAN- Ideas for Cooking and Nutrition

✦ I CAN program is FREE to limited resource families, individuals and senior citizens who are at 180% below poverty level.

Nutrition educators are available to provide groups with food and nutrition education:

- Learn how to plan nutritious and delicious meals
- Learn to stretch your monthly food dollar and other food resources
- Learn how the MyPyramid food groups can be combined to make you and your family healthier, have more energy and lose unwanted weight
- Learn how to prepare, cook and store food safely to prevent food borne illness
- Importance of eating breakfast and healthy snacks

For additional information about the I CAN food and nutrition program call the I CAN Home Economist to make arrangements to attend I CAN classes.